



US Army Corps  
of Engineers

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Huntsville Center

# Bulletin



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*Mark your  
calendar now...*

**TSP Seminar**  
One day only  
**March 28**  
8 - 11:30 a.m.  
**Rocket Auditorium**  
**Redstone Arsenal**  
(Reservation required)

**Chief of Engineers**  
**Lt. Gen. Robert**  
**Van Antwerp visit**  
**April 3-4**



Photo by Debra Valine

## Clean-up time

Parsons employees Mike Warner, left, Dave Flemming and Jim Hannon working at the former Camp Sibert near Gadsden, Ala., demonstrate proper decontamination procedures. For more, see page 6.

## Corps of Engineers Chief launches 'Corps-e-spondence' blog

WASHINGTON, D.C. — Lt. Gen. Robert L. Van Antwerp, the 52nd Chief of Engineers and Commander of the U.S. Army Corps of Engineers, ventured into the blogosphere Feb. 13, for the first time with a blog about Iraq reconstruction efforts. Van Antwerp visited Iraq in late January to observe the Corps' ongoing mission there.

The blog, called "Corps-e-spondence," includes RSS (Really Simple Syndication), so readers can subscribe and automatically receive updates. Readers may also post

questions and comments.

"This is the way of the future," Van Antwerp said. "We should be out there, too — clearly and openly communicating with the American public every chance we get."

As the commander of the nation's leading public engineering agency, Van Antwerp plans to blog about the many missions within the Corps' purview, from water resources and flood risk management to military facilities construction for the Army and Air Force at home and abroad.

Other upcoming topics are likely to include the Gulf Coast recovery efforts in southeast Louisiana, Afghanistan reconstruction, the Formerly Used Defense Sites program and the Corps' state-of-the-art engineering research and design at its Engineer Research and Development Center.

"Corps-e-spondence" can be found on the USACE Web site at <https://eportal.usace.army.mil/sites/blog>. There will also be a link from the home page at [www.usace.army.mil](http://www.usace.army.mil).

# Commander's thoughts

**A**s usual, February was a very busy month at the Huntsville Center. I spent a good part of the month traveling. Early in the month I attended the U.S. Army Corps of Engineers Winter Senior Leaders Conference at Headquarters. One of the things the Chief emphasized was that this was the "year of getting the right people on the bus," especially given the massive workload projections the Corps has over the next several years that will require dedicated employees at all levels. I also attended the Chief's brief to the vice chief of staff of the Army on the support the Corps is providing to the Army for Base Realignment and Closure, Restationing, Grow the Force and Army Transformation programs. The Army is expecting the Corps, and especially Huntsville Center, to meet its construction schedules. We can't afford to let them down.

I followed that conference with a site visit to the Pueblo, Colo., Chemical Demilitarization Facility for an in-progress review on the design and construction, then on to Washington, D.C., to sit on the selection panel for the director of the Environmental and Munitions Center of Expertise. Congratulations to Sandi Zebrowski for her selection as the new chief of the EMCX in Omaha, Neb. Sandi has worked many years in the former HTRW CX in Omaha where she is currently a division chief. We look forward to her leadership as the new director which will be effective March 16.

The last two weeks of the month I traveled to Kuwait and Iraq to visit customers and members of our Coalition Munitions Clearance team and other Huntsville Center members in the Gulf Region Division. These Huntsville

Center employees continue to do great and important work in Iraq for our troops in theater.

March will be an important month for the Center. As you may remember, it was this time last year that we became ISO 9001:2000 certified. Part of that certification is that we are required to have annual audits to ensure our Quality Management System is current and the work instructions accurately reflect how we do business. The auditors will be at the Center March 10-11. Please review your ISO materials and be prepared to answer if you are stopped and asked questions.

In March we celebrate Women's History Month. This year's theme, Women's Art: Women's Vision, gives us an opportunity to discover and celebrate women's visual arts in a variety of forms and mediums that help expand our perceptions of ourselves and each other.

Don't forget, Daylight Saving Time starts March 9 — spring forward! Easter is March 23, and most of the schools will be on Spring Break in mid-March. Take advantage of the time to spend with your families and friends and relax a bit.

In all things you do, please remember to stay safe. You are a valuable asset for the Huntsville Center.



**Col. Larry D. McCallister**

## Hails and farewells

### Welcome to new employees —

**Michael D'Auben**, Engineering Directorate; **Michael Klein**, Installation Support and Programs Management Directorate; **Shawn Meek**, Ordnance and Explosives Directorate, Coalition Munitions Clearance Program; **Dominic Ragucci**, Installation Support and Programs Management Directorate; **Valerie Schaffner**, Chemical Demilitarization Directorate, Azerbaijan; **Terry Steuart**, Installation Support and Programs Management Directorate;

**Jerrica Thompson**, Installation Support and Programs Management Directorate; and **Cynthia Tolle**, Contracting Directorate.

**Farewell to L'Vivian Nell Allen**, Engineering Directorate; **Diane Cohick**, Ordnance and Explosives Directorate; **Kim Gillespie**, Public Affairs Office; **Dianne Mitchell**, Ordnance and Explosives Directorate; **Felix Navaro**, Ordnance and Explosives Directorate and **J.R. Richardson**, Contracting Directorate.



US Army Corps  
of Engineers

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## BULLETIN

|                                   |                           |
|-----------------------------------|---------------------------|
| Commander.....                    | Col. Larry D. McCallister |
| Acting Chief, Public Affairs..... | Debra Valine              |
| Editor.....                       | Becky Proaps              |

## The Bulletin asks:

# Who is your favorite fictional female character in a book, movie or television program and why is she memorable?



Lisa Gayman  
Office of Counsel

My memorable female character would be Scarlett O'Hara (played by Vivien Leigh) in "Gone With the Wind." Scarlett is a tenacious woman who speaks up for herself and looks out for her family.

Jessica Fletcher (played by Angela Lansbury) from "Murder She Wrote" because she showed that she was someone older and mature, but still curious and willing to try new things. It's hard to think of any other woman that age being portrayed as a career woman, as opposed to an aging grandmother.



Cedric Tate  
Information Management



Nikki Zarger  
Engineering Directorate

The most memorable fictional female character to me is Ashley Baxter-Blake from the Karen Kingsbury books. She is so strong in her faith regardless of what situations are thrown at her.

Tamela J. Mann is a Black American actress and gospel singer, best known for her role as "Cora" in Tyler Perry's stage plays. Tamela began her acting career in 1999. She has a natural flair for acting and singing and I admire her for how she has persevered in both her personal and spiritual life. She is a role model for all women. When I'm watching Tamela or listening to her sing I'm reminded 'not to despise small beginnings, because you too can be written into history.'



Sonja Rice  
Equal Employment  
Opportunity Office



Bill Noel  
Ordnance and Explosives  
Directorate

My favorite character is Hope Lancaster, who is the lead character in two novels I wrote. She is memorable because of the work required to develop characters. I have a deep appreciation for the creativity that goes into writing fiction.



# Center celebrates Engineering Week

**H**untsville Center's Engineering Directorate hosted the third annual Engineering Jeopardy, Feb. 22, where the civil structures engineers took the top prize. Three teams of four people each competed against each other by answering questions about Corps of Engineers history, Huntsville Center history, tenets of quality, technical issues and potpourri. National Engineers Week is Feb. 17 - 23 and is among the oldest of America's professional outreach efforts.



Photo by Becky Proaps

**The Civil Motivators** — Patricia Hensley, left, Arnecia Bradley, Severo Lopez and Steve Wright, have fun while winning. They won the highly coveted Corps of Engineers beer steins for their first place efforts.



Photo by Becky Proaps

**Sandy Wood, back, set up the game and operated the computerized game board while Todd Duvernay acted as the answer judge during the third annual Engineering Jeopardy game.**



Photo by Becky Proaps

**Jason Page, left, Robert Jackson, Chris Newman, and Jeff Alford — the Terminators** — a team from the Mechanical-Electrical Division, took the second place prize, winning Corps of Engineers, Huntsville Center coffee mugs.



Photo by Becky Proaps

**Giving it a great team effort but falling a little short was the third place team from the Systems-Cost Division — the Systematics. The team included Chris Vessel, left, Dave Burford, Karen Moore and Wes Bushnell. They also received the Corps of Engineers, Huntsville Center coffee mugs.**



Photo by Becky Proaps

**Boyce Ross, director of the Engineering Directorate, emceed the three rounds of questions and answers.**

# News Briefs

## Department of Defense selects new government travel charge card

**T**he Department of Defense has selected Citibank to provide travel charge card services for its members under the General Services Administration's umbrella SmartPay® 2 master contract.

The new official travel cards will activate on Nov. 30, 2008. DoD has 1.2 million card holders who accounted for 61 percent of total government-wide travel spending in 2006.

The estimated value of the DoD travel card task order over a 10-year period is \$40 billion, based on projected travel card spending.

The mandatory travel charge card provides travelers with many benefits such as no interest charges, delayed late fees and insurance benefits.

The Defense Travel Management Office (DTMO) was established in 2006 to serve as the point of contact for commercial travel within the DoD. The DTMO establishes strategic direction and centrally manages commercial travel programs, including the travel card program.

The DTMO will work closely with the current vendor, Bank of America, and Citibank to minimize any unforeseen interruption in travel card services leading up to the new card activation. Prior to the change over, card holders will receive frequent communications about what to expect and individual requirements.

## US Airways amends checked baggage policy

US Airways announced it will implement a \$25 service fee for a second checked bag. The fee applies to travel that occurs on or after May 5.

The new checked bag policy will apply to all flights within the U.S., to/from Canada, Latin America, the Caribbean and Europe.

Customers may continue to check one bag free of charge. In addition, the airline will waive the fee for its most frequent customers including:

- All Dividend Miles Preferred members (Silver, Gold, Platinum and Chairman's Preferred)
- Confirmed First Class and Envoy passengers at time of check in
- Star Alliance Silver and Gold status members

The following customers will also be exempt from paying the \$25 fee for a second checked bag:

- Active military personnel (in uniform with ID)
- Unaccompanied minors
- Those checking assistive devices

The fee only applies to tickets purchased after Feb. 26, for travel on or after May 5. Customers may pay this service fee at an airport kiosk with a credit card or at the check-in counter with a credit card, check or cash. Customers who already purchased tickets for travel after May 5 are exempt from the new service fee on their current itinerary.

Additional information is available at [www.usairways.com](http://www.usairways.com).

## Thrift Savings Plan program adds new option

The TSP has added a new option for participants who are eligible to transfer their TSP accounts to a traditional individual retirement account (IRA) or an eligible employer plan (like a 401(k)). Participants **may** now be able to transfer their accounts to a Roth IRA.

Why "may"? The Internal Revenue Code has specific requirements that participants must meet in order to be eligible to transfer their accounts to a Roth IRA and participants must be prepared for the immediate tax consequences of the transfer.

"Questions and Answers" were developed to help you decide if you want to transfer your TSP account to a Roth IRA. However, you are strongly encouraged to talk to a tax adviser before making your final decision. You don't want to make the transfer and then find out when you're filing your taxes for the year that you weren't eligible or can't pay the tax bill.

## Scholarships available for federal employees, family members

The Federal Employee Education and Assistance Fund is accepting applications for its 2008-2009 scholarship program. The deadline is the end of March. Civilian federal and postal employees with at least three years of service and their families are eligible to apply. Federal applicants must be full- or part-time students with a grade point average of 3.0 or higher. Family members must hold an equivalent GPA and be full-time students to qualify. For more information on how to apply and to download the application, go to [www.feea.org/scholarships.html](http://www.feea.org/scholarships.html).





Photo by Debra Valine

Parsons employees, Brandon Denson, Kerry Singler and Jeff Morris investigate geophysical anomalies.

## Cleanup continues at Camp Sibert

By Debra Valine  
Public Affairs Office

Looking out over Site 8 at the former Camp Sibert near Gadsden, Ala., all you see is a peaceful field with a couple of houses, barns, fencing and cattle. It's hard to believe that the area was used by the military for chemical munitions training from 1942-1945.

For the past two years, U.S. Army Corps of Engineers experts from Mobile District and the Engineering and Support Center in Huntsville, Ala., have been working with Edgewood Chemical Biological Center and 20th Support Command teams from Aberdeen Proving Ground, Md., and contractor partner Parsons to identify some 10,000 anomalies for removal from Site 8.

"Of the 11,420 items removed, only 22 items have been mortars, of which only eight contain unknown liquid fill.

Work at Site 8 is expected to continue through calendar year 2008.

"We continue to educate the local population about what to do if they find something like this in their yards," said Sherri Anderson-Hudgins, the project manager from Huntsville Center. "We call it the three R's: Recognize the item, Retreat from the area, and Report what they found to their local police department. Our goal is to keep everyone as safe as possible."



Photo by Debra Valine

USA Environmental employee, Ty Wrage, and Parsons geophysicist, Jae Yun, perform a static test on the EM 61.



Photo by Debra Valine

Training 4.2" mortar round similar to the rounds that have been found at Camp Sibert.

# History, achievements highlighted during month

Each year, March is designated as National Women's History Month to ensure that the history of American women will be recognized and celebrated in schools, workplaces and communities throughout the country.

To honor the originality, beauty, imagination and multiple dimensions of women's lives, "Women's Art: Women's Vision" is the 2008 theme for National Women's History Month. The history of women and art is quintessential women's history. It is the story of amazing women's accomplishments acclaimed at the time but written out of history.

This year's theme provides a special opportunity to discover and celebrate women's visual arts in a variety of forms and mediums that help expand our perceptions of ourselves and each other.

## The beginning

As recently as the 1970's, women's history was virtually

an unknown topic in the K-12 curriculum or in general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration for 1978. The week of March 8 was selected to make International Women's Day the focal point of the observance. The activities that were conducted met with enthusiastic response, and within a few years dozens of schools planned special programs for Women's History Week, more than 100 community women participated in the Community Resource Women Project, an annual "Real Woman" essay contest drew hundreds of entries and there was an annual parade and program in downtown Santa Rosa, Calif.

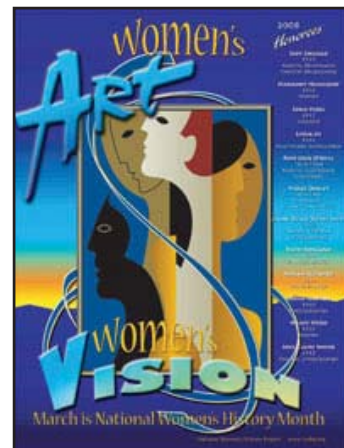
## Overwhelming response

As word spread rapidly across the nation, state

departments of education encouraged celebrations of National Women's History Week as an effective means to achieving equity goals within classrooms. Several states developed and distributed curriculum materials in their public schools. Organizations sponsored essay contests and other special programs in their local areas. Within a few years, thousands of schools and communities were celebrating National Women's History Week, supported and encouraged by resolutions from governors, city councils, school boards and the U.S. Congress.

## Entire month of March

In 1987, the National Women's History Project petitioned Congress to expand the national celebration to the entire month of March. Since then, the National Women's History Month Resolution has been approved with bipartisan support in both the House and Senate. Each



year, programs and activities in schools, workplaces and communities have become more extensive as information and program ideas have been developed and shared.

(This information is from the National Women's History Project Web site at [www.nwhp.org](http://www.nwhp.org). The NWHP is a nonprofit, nonpartisan, educational organization committed to recognizing and celebrating the diverse and historic accomplishments of women by providing information and educational materials.)

## Test your knowledge of women's history

1. Artist whose creation was the Kewpie Doll.
2. Her style has been compared to that of the Italian Renaissance.
3. Her Installation Art is derived from her own personal experiences.
4. She was given the largest public commission of any American woman up until that time.
5. Her art embraces many crafts traditionally associated with women.
6. She uses the African-American woman as a visual point of departure.
7. Her paintings, drawings and prints look at things Native and national.
8. Her work focuses on lesbian art and the cultural representation of "difference."
9. Artist most responsible for the creation of **The Dinner Party**.
10. At age 15, she dropped out of high school to become an artist.
11. Her art speaks up for the tortured and "disappeared" women of Latin America.
12. Best known for her painted story quilts.

Answers: 1. Rose O'Neill 2. Edna Hibel 3. Lihua Lei 4. Violet Oakley 5. Miriam Schapiro 6. Jaune Quick-To-See Smith 7. Lorna Simpson 8. Harmony Hammond 9. Judy Chicago 10. June Wayne 11. Nancy Spero 12. Faith Ringgold



# Volunteering for GWOT tours: rewarding, challenging, enriching

**By Ron Eschmann**  
**Headquarters**  
**U.S. Army Corps of Engineers**

**T**hroughout U.S. history, Army Corps of Engineers Civilians have had a proud tradition of stepping up to volunteer for worldwide deployment in support of military operations.

Continuing that tradition, many more have deployed overseas in support of the Global War on Terror. This critical mission is not over, and both the Afghanistan Engineer District (AED) and the Gulf Region Division (GRD) are still seeking Corps Civilians to fill a multitude of positions.

"At the present time there are over 300 vacancy announcements that are listed on both the Army Civilian Personnel Online and USAJobs Web sites," said Helen Lenahan, chief, Headquarters Deployment Team. Many of these announcements are listed as "Open Continuous" because of the need to recruit talented, experienced people on an ongoing basis.

"Why volunteer?" Lenahan asked. "Serving in Afghanistan or Iraq presents a unique opportunity for professional growth and personal enrichment. Many volunteer because they believe in the Corps rebuilding mission in these countries, or they may volunteer out of a sense of patriotic duty, or wanting to help people build a better life and future."

Additional volunteer benefits and incentives for federal employees may

include temporary promotion opportunities; post differential, danger and overtime pay; and separate maintenance allowance among others.

Lt. Col. Kari Otto, AED deputy commander, said, "No matter why you volunteer, it's very rewarding to be part of such a worthy cause. The projects are fast-paced in Afghanistan, and it's not uncommon to see a major construction project completed during a six- or 13-month deployment."

AED maintains its headquarters in Kabul, but there are Area and Resident offices located throughout the country to support the mission. Deployments in Afghanistan offer a wide range of experiences for volunteers to choose from, "and there's something for

care clinics, schools, roads, power distribution facilities and other infrastructure projects.

Col. Gary Pease, chief of staff, Gulf Region Division, said, "GRD is a great personal and career experience. People assigned here have a level of responsibility and authority well beyond any job they have ever had before."

GRD employees work complex projects and interface with a wide variety of stakeholders, to include Iraqi contractors, Iraqi government officials, coalition partners, U.S. Department of State and U.S. Agency for International Development employees. "Most importantly," said Pease, "is that

they leave Iraq feeling they have made a vital contribution in the birth of a free and democratic nation, which is essential to the future security of the U.S.

Additionally, they will grow personally and professionally, and

return with a real feeling of satisfaction that comes from participating in such an important mission," he said.

"Our work here in Afghanistan is touching people's lives in a positive way, and you can see that everywhere you look," Otto said. "We are doing far more than building structures; we are creating a better future and quality of life for a country that has been at war for over 30 years." The Corps is providing Afghans with things most people take for granted, such

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**'You quickly realize that you are a part of something that is much, much larger than any individual effort you have done before...'**

**— Curt Heckelman**  
**Deputy for Programs and Project Management**  
**Gulf Region North District**

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everyone," said Bruce Huffman, AED public affairs officer. Corps employees based in Afghanistan might work out of Kandahar, Bagram, Gardez or Qalat.

GRD headquarters is in Baghdad and has three district offices in Tikrit, Tallil and at Baghdad International Airport. Each district office has multiple locations that are co-located with coalition forces across Iraq.

While deployed to Afghanistan or Iraq, Corps employees will work with coalition partners, the State Department and the host country to build health





Courtesy photo

**Spencer O'Neal, left, project manager, Victory Resident Office, is one of 29 Huntsville Center employees deployed to Iraq and Afghanistan.**

**'This tour has been unbelievable. The mere gratitude of the people for even the smallest things definitely makes it worthwhile. I could not have imagined the amount of support and unit camaraderie from the people and the command of Gulf Region Division Central District, Iraq.'**

**— Spencer O'Neal  
Project manager**

as roads, clean water and adequate health care, Otto said. "You really gain an appreciation for the possessions and opportunities you have as an American when you see someone drink clean water or get health care for the first time in their life."

One question that is frequently asked is: What will my home away from home be like?

"Living conditions in GRD are excellent," Pease said. All employees get their own room which usually has a television, DVD player and a bathroom. Also, food and transportation are free. Most GRD locations have gyms, libraries, movies and other opportunities to rest and relax. Also, Civilian employees are now authorized three home leaves during a one-year tour. Leave transportation is paid by the government. Additionally, communications with family and friends is "very easy and convenient," Pease said.

Similarly, Huffman with AED, responded, "Accommodations in Afghanistan are quite nice, with modern dining facilities, and nicely equipped gyms and living quarters,

although some forward operating locations can be a bit more rustic." There are many opportunities for R&R leave and recreation while deployed, and most Corps employees in Afghanistan have phone and Internet access in their individual rooms.

"This has been the most rewarding personal and professional experience I have ever had," said Curt Heckelman, deputy for Programs and Project Management, Gulf Region North District. "You quickly realize that you are a part of something that is much, much larger than any individual effort you have done before now and for me, it has been a great honor." Heckelman said every person works at a higher intensity and learns very quickly how to execute at a different level.

"The pace is unrelenting, but it is also energizing. My most memorable experience is having the ability to teach,

coach and mentor individuals."

Currently, both AED and GRD are in need of area, resident and project engineers. However, other mission support positions are also available for administrative support, budget analysts, contract specialists, program managers, public affairs specialists and many others. Applicants can self nominate through the Army Vacancy Announcement Board: <http://cpol.army.mil> or at USAJOBS.opm.gov. USACE officials said that in the near future, AED (<http://www.aed.usace.army.mil>) and GRD (<http://www.grd.usace.army.mil>) will be producing videos that will be available online that highlight Civilian employees' living and work environments.

For first hand accounts of Corps members' tours, please visit <http://www.grd.usace.army.mil/news/postcards/index.asp>.

U.S. Army Corps of Engineers



**Iraq Operations**

**GULF REGION DIVISION**



***Go to <http://cpolwapp.belvoir.army.mil/coe-gwot/> for more information.***

# Students get first-hand view of career options through job shadowing

By Michelle Harlan  
Public Affairs Office

Throughout the month of February, Huntsville Center hosted 11th and 12th grade students from local high schools as part of Junior Achievement of North Alabama's Job Shadowing program.

The program paired students with various Huntsville Center employees representing areas of work the students were most interested in pursuing for a career. They were able to spend a day receiving valuable job information and gaining first-hand knowledge.

The students were Danielle Larsen and Emily Baldwin from Huntsville High, Michelle Weisenberger from Bob Jones High, Taylor Baker and William Tillson from Madison County High, Adam Shamieh from Lee High, Jessica Belue from Buckhorn High, Catelin Natale and Earnest Haywood from Sparkman High, Andie Williams from Columbia High, Katherine Calvin from Lincoln County High and Sarah Harris from Grissom High.

"It was really eye opening to learn about the different types of law there are to go into, whether it's government



Photo by Andie Williams

**Jonathan Stevens, Engineering Directorate, left, hosts Huntsville High School student Emily Baldwin during her job shadowing experience Feb. 21.**



Photo by Andie Williams

**Jessica Belue, from Buckhorn High School and William Tillson, from Madison County High School talk with their host Chuck Twing, Ordnance and Explosives Directorate, during their job shadowing experience Feb. 21.**



Photo by Andie Williams

**Wade Doss, chief, Facility Repair and Renewal Division, Installation Support and Programs Management Directorate, left, explains his "job" to Adam Shamieh and Taylor Baker.**



Photo by Michelle Harlan

**Katherine Calvin, a Lincoln County High School student, asks Toby Harryman, a lawyer with Huntsville Center's Office of Counsel, some questions before concluding her job shadowing experience Feb. 28.**

law, a private practice or a law firm," said Calvin, who shadowed Toby Harryman and Ryan Black in Office of Counsel.

"This experience set me in what I want to pursue," Harris said. "I really enjoyed seeing chemistry used in a practical environment as opposed to a classroom setting." Harris shadowed Chuck Twing and Betina Johnson, Ordnance and Explosives Directorate.

Participating organizations also included Installation Support and Programs Management Directorate, Public Affairs Office, Engineering and Contracting Directorate.

Students sat in on conference calls, attended board meetings, took photographs, designed page layouts and met with contractors. By shadowing their hosts, students were able to experience the daily routine of a job in their career choice. They also learned that jobs are versatile and provide several different opportunities within a specific career field.



# Fishing not just a hobby; it's a lifelong passion

**By Debra Valine**  
**Public Affairs Office**

**F**rom the time he went fishing with his great-grandfather at age 2 and caught his first fish, one Huntsville Center project manager has been hooked.

Brandon Price, with Huntsville's Range and Training Land Program, is passionate about fishing.

Price, 26, grew up in Decatur, Ala., in a house two miles from the river. He graduated from Decatur High School in 2000, went to the University of Alabama in Huntsville and graduated with a degree in civil engineering in 2004. He is working on his master's degree in business administration from the University of North Alabama in Florence.

As a project manager, Price oversees the design and construction of all Army Reserve projects for the Range and Training Land Program. He's been with the Huntsville Center for five years, starting out as a co-op student, then an intern and finally a full-time employee.

And while he likes his job, it's fishing that he loves.

"My great-grandfather, Lee Price, lived on the Tennessee River in Lenoir City, Tenn., and we would go fishing when I visited him," Price said. "I have a picture of the first fish I ever caught framed at my desk. My great-grandfather, my grandfather, my father and I would hook worms and crickets and fish for

whatever fish was biting."

Price has many fishing stories to tell, and there is one theme that runs through all of them: family.

"My great-grandfather started a tradition in the 1930s with our family. He would take my grandfather camping and trout fishing on the Tellico River in Tennessee every year. Since that time my grandfather regularly took my dad as a child, and soon some of my fondest childhood memories were forged on the banks of the Tellico River when my dad would take my brother and me. When I have children one day, I will continue the family tradition," Price said.

Fishing is no longer just a hobby for Price. He said along with a few other things in his life, it is truly a passion.

In addition to fishing for fun with his family, Price fishes in the amateur bracket in bass tournaments and is lobbying in Montgomery, Ala., for catfish restrictions and for conservation of natural resources.

Like most fishermen, Price tells fish tales. He likes to tell the story of the giant catfish that didn't get away, but came a day too early to count in a big tournament.

"My friend, Allen Neuschwander and I qualified for the 2006 Cabelas King Cat Classic, which is like the world series of catfishing on the Tennessee River," Price said. "We were practicing for the tournament, looking for a new area to fish. It was getting late, and we had had a pretty rough day.

"We decided to pull up to a point — a place where land juts into the river and where fish like to hide — in about 108 feet of water and drop our baits down to the bottom. We were cleaning the boat, getting ready to go home. I looked at my rod and the end was moving. I thought I had a small fish nibbling on the bait, but then the tip of the rod went

money. We were excited going into the tournament because we had just won \$1,000 in a Guntersville tournament. Our confidence was knocked a little."

Of course there are other stories as well, such as the time Price fell into 45 degree water and the times he had thrown his rods out of the boat only to have them sink to the bottom.



Photo by Allen Neuschwander

**Brandon Price, a project manager in Huntsville Center's Range and Training Land Program, landed this 68-pound catfish in October 2006 while practicing for an upcoming tournament.**

down.

"About a seven-minute fight ensued," Price said. "Once we got the catfish in the boat and put it on the scales, it weighed 68 pounds. That was a new personal record for me."

Of the 250 boats entered into the Cabelas King Cat Classic, Price and Neuschwander finished a respectable 75th.

"It was a tough two-day tournament," Price said. "We caught more than 100 pounds of catfish, but it wasn't enough to get us any

Price said he likes fishing with friends and introducing newcomers to fishing, but that he tries to fish with his dad, grand-dad and brother whenever possible.

"Spending the time with my family on the river is a better experience than catching a big fish," said Price, who dreams of one day having his own guide service on the lakes in Northern Alabama.

"Overall I just love it," Price said. "When I put my boat in the water and take off, the feeling is unreal. There are no words to describe it."

# 'If I can do it anyone can': famous words

By Joy Rice  
Contracting Directorate

**W**e've all heard it said, "If I can do it, anyone can." For me, it's as true a statement as has ever been spoken.

I have been clinically obese for as long as I can remember. When I was 10 years old my Mom took me to my first "diet" doctor. He gave me a little book with the calorie counts of different foods and a place in the back to write down my weight each time I would visit. I'll never forget it. I weighed in at 263 pounds!!! Well it didn't get any better. After yo-yoing up and down my Mom finally gave up, and when I finished high school I weighed about the same. (Thank the good Lord I grew tall, which helped my round look a little). College years were spent going up and down too, but when I graduated I weighed about 260. For the next 25 years I went up and down from 260 to 320. At one point I weighed 220 but it didn't last long. In a year I was back at 260. Then 280. 300 was next, of course. Then in the two years following my failed marriage and divorce in 1994, I went



Courtesy photo

Joy Rice before her weight loss.

## Commentary

from 300 to 420 pounds!! Eating was my favorite (and only) coping skill, and I was (am) a master at it.

In October 2006 I was diagnosed with Type II Diabetes. My fasting glucose level was 400. Normal is 60-100. Immediately I had to start insulin injections. Let me tell you, pain is not my game! Not to mention that the doctor said if I did not lose weight I would assuredly develop heart disease and maybe renal, optic and circulatory problems, among others. Throughout my life I had been subjected to some of the rudest, meanest, most cruel abuse (physical and mental) humans can exhibit toward each other, and I had survived it all. Suddenly I realized if I didn't change, my "real" suffering wasn't over but truly just beginning. What a motivator!

I have never shared my life in such a public forum and I don't want anyone to get the wrong idea. I want no one's pity or sympathy. My obesity is of my own making. (They say what doesn't kill you makes you stronger.) I offer my story to extend my help, my understanding and my acceptance to anyone that wants or needs it. If only one person is helped by my words then sharing my story is worth it.

Marsha Russell, Fitness for You director, asked me to share some weight loss tips that have worked for me. Here goes.

**1. First and foremost - I DO NOT DIET.** Having unsuccessfully tried every diet ever created I know it's true that diets don't work.

**2. Read every nutrition label on every food and beverage product you buy/eat.** If there is significantly more carbohydrates than protein,

don't eat it. If there are lots of carbohydrates and very little fiber, don't eat it. Protein and fiber are harder to digest than carbs; therefore your body uses more energy to break them down. The more energy your body uses the more weight you lose.

**3. Portion Control, Portion Control, Portion Control.** I try to limit my carbohydrate intake to 40 grams per meal. 15-20 grams per snack (I have at least 2 snacks daily). If I'm having a salad as my meal I may eat more than 40 carbs because there is so much fiber in raw vegetables. I try to limit my fat intake too. I wasn't concerned so much with the amount of fat I ate at first, just whether it was saturated fat or not. Now it's getting a little harder to shed the pounds so I'm watching the amount of overall fat. 20-25 grams per day. That's a tough one because almost everything has fat; and if it doesn't have fat many times it will have more sugar. Remember to read those labels.

See Commentary on page 13



Photo by Becky Proaps

Joy Rice after losing 150 pounds.



# Diversity, multiculturalism: theme for celebration

By Becky Proaps  
Public Affairs Office

**H**untsville Center celebrated African American/Black History Month Feb. 27 with songs, dance and an inspirational message from a local physician. Dr. Malcolm Hendricks, the medical director at St. Clair Correctional Facility in Springville, Ala., spoke to Huntsville Center employees gathered for the event about his difficult childhood, his less than stellar high school years, the roadblocks he had

to overcome and his determination by the time he entered college to achieve certain goals. He also stressed the message that all people are special in their own way.

Before Hendricks spoke, Arnecia Bradley along with the audience sang the black national anthem "Lift Every Voice and Sing." Myishia Burks, an 11th grade student from Bob Jones High School performed a praise dance to the gospel hymn "Great Is Your Mercy."

John Loyd, acting deputy commander, opened the program with thoughts about multiculturalism (the

theme for this year's celebration) and diversity (E Pluribus Unum) and concluded the program with an invitation to the audience to enjoy some of the southern-style desserts — sweet potato pies and peach cobbler — provided by the Commander's Special Emphasis Program Committee (CSEP) members.

The program was sponsored by CSEP and organized by Sonja Rice.



Lawanda Pollard, right, a CSEP member serves peach cobbler donated by Diggs Catering Services and sweet potato pies made by CSEP committee members Dorothy Lewis, Betty Doss, Molisa Glass and Sonja Rice to Huntsville Center employees.



Photos by Becky Proaps

John Loyd, acting deputy commander, left, presents Dr. Malcolm Hendricks with a Huntsville Center coin and memento for speaking at the Black History Month program.



Myishia Burks performed a praise dance to the gospel hymn "Great Is Your Mercy."

## Commentary

continued from page 12

4. **Limit your consumption of carbonated beverages.** I love Diet Pepsi and when I started this weight loss journey (this time) I drank three or four a day. Carbonated water is absorbed through the stomach, not through the small intestine as regular water, so it can actually hinder waste elimination and can make you feel bloated. I still treat myself to a Diet Pepsi occasionally — which leads to my next tip.

5. **Treat/reward**

**yourself.** An occasional dessert or other goody will not blow your weight loss plan. In fact if I didn't treat myself once in a while I'd get frustrated and eat an entire half gallon of Butter Pecan ice cream. Believe me it has happened (in the past though).

6. **Don't carry the whole bag of chips to the sofa.** If you just have to have that snack, put your chips/popcorn/nuts, etc. in a bowl and put the package back in the cabinet. I tend to want to eat more at night so this has really worked for

me. If it's not in front of you, it's hard to consume it.

7. Final one. **MOVE.** Marsha will not agree with me on this one, but I do not have a routine exercise plan. That's not to say I don't exercise. **I have NEVER lost more than 10 pounds without exercising**, so it's very important. I walk. I bought an in-house walking tape for times when I do not want to go to the gym, or if it's bad weather outside. Another thing I do is avoid the sofa for the first couple of hours when I get home at night. I live alone

and it's so easy to plop down on the sofa and just vegetate.

Those are my biggies, folks. Of course everyone is different but I hope some of these will work for you. If any of you ever need my help with your weight loss plan, maybe it's just to listen, please call on me. Been there, done that. Still doing it!! I know there are those reading this and thinking, she's still a porker! You're right. I have a lot more to lose (80-90 pounds) but I'm going to make it happen. Join me.



Courtesy photo

## *Piles, piles, piles of what*

Douglas F. (Dusty) Rhodes, left, Coalition Munitions Clearance Program safety manager and John Gardner, CMC Ordnance and Explosives safety specialist, both from U.S. Army Engineering and Support Center, Huntsville, inspect debris from a burned out ammunition magazine in Iraq.

# *A 'near miss' leads to simple fix*

**By Debra Valine  
Public Affairs Office**

It seemed like a simple fix. An employee received a cut and asked a first-aid attendant for a band-aid. In safety lingo, this is referred to as a "near miss."

When the incident was reported to the Huntsville Center Safety Office, safety experts decided to investigate.

"What we found was that the employee was using a very old, defective punch machine that was not in very good working order," said Donnie Butler. "We removed the old machine and replaced it with a new one, thereby averting a potential more serious incident."

Similar incidents happen more often than you may think. Employees just don't think the incident itself is serious enough to report it.

Another time an employee slipped and fell in the lobby, causing a lost day due to injury.

"We obviously knew about that incident because there was lost time involved," Butler said. "But on further investigation we found that a number of people had slipped with no injury. If these had been reported, perhaps we could have avoided the lost workday injury. The Huntsville Center Safety Committee is now looking into ways to 'fix' the problem. In the meantime, you may notice the hallways have new signs cautioning employees to watch their step." According to Butler, safety is not just the job of the safety office or the first-aid attendants. It's everyone's job.

"If everyone would report these near misses, we would possibly be able to avert future incidents that could be more serious," Butler said.

Reporting near miss incidents is as easy as a phone call to the Safety Office (Donnie Butler, 895-1849, or Wanda Griffin, 895-1225). So the next time you are involved in or observe a near miss....Please....Give Safety a call!

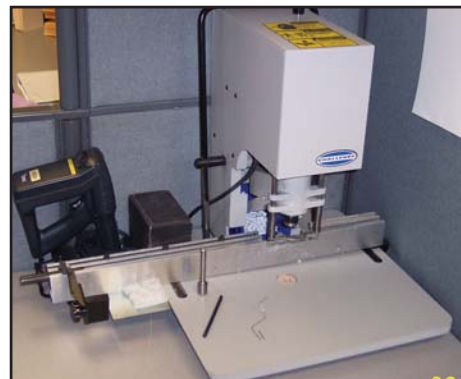


Photo by Donnie Butler

**An old, defective drilling machine could have seriously injured an employee.**

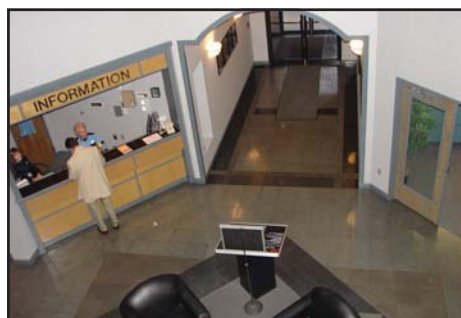


Photo by Becky Proaps

**The lobby of the Huntsville Center is the scene of a potential accident just waiting to happen.**



# Course brings awareness of Native culture

**By Curt Biberdorf  
Alaska District  
Corps of Engineers**

A mix of presentations from professional trainers, small group exercises and simple advice were all part of the Alaska Native Cultural Communication Course conducted in Anchorage Jan. 29-31.

The course is designed to help Department of Defense (DoD) military members and Civilian employees better understand and implement the DoD's American Indian and Alaska Native Policy. Specialists in Native Alaska law, history, culture and communication teach the three-day course, as well as DoD lawyers who partner with Native governments to shape DoD American Indian and Alaska Native Policy.

Since 1996, nearly 1,000 people have taken the course, according to David Sanborn, course facilitator, DoD senior tribal liaison, Office of the Secretary of Defense, Installations and Environment. He said the course started after the government discovered that getting background information on Native Americans and Native Alaskans was essential before discussing meaningful consultation techniques and concepts.

Native Alaskans stand out from the rest of the U.S. Native American population for several reasons.

Of the 562 federally recognized tribes in the U.S.,

229 are in Alaska. The three groups of Native Alaskans are Aleuts, Eskimos and Indians. They make up 16 percent of Alaska's population, have 11 distinct cultures and 19 different languages.

Native Alaskans are the largest group of people in the country that live in the

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**'It was very valuable  
and engaging.'**

**— Arnecia Bradley  
civil engineer**

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same area by subsistence for cultural preference and necessity, said David Case, an attorney and course trainer. During his session, the class was familiarized with the 1971 Alaska Native Settlement Claims Act (ANSCA). The law is what made Alaska Natives different from the rest of the nation because it formed Native corporations and left tribes without reservations except for one.

Much of the military's interaction with the Native population deals with cleanup of formerly used defense sites and currently used sites.

"We saw Alaska as a very big place and that it could take anything we would deal out," said Lt. Gen. Douglas Fraser, commander of the Alaskan Command, who lauded the Native villages for their history of military service. "What I've found as I've worked through and

had dealings with various Native villages is the best thing we can do is work on a transparent basis. We have nothing to hide."

Pat Roth routinely works with Native Alaskans as manager of Native American Environmental Mitigation Program for the U.S. Army Corps of

Engineers-Alaska District. Another difference with Native Americans is that tribes are not considered racial groups by

the federal government but are instead political groups.

"When you're going out and meeting with these governments, it's one more thing to keep in mind that it's just as different as working with another country," Roth said. "These are powerful governments. They have their rights, and we need to respect that."

Course topics covered history of the relationship between the U.S. government and Alaska Natives and how that history may affect DoD today. It provided a summary of the laws and policies requiring consultation with Alaska Natives and American Indians, and the legal basis for the DoD policy. It also introduced Alaska Native cultures and concepts, intercultural communication and then gave the group three practical exercises to apply what was covered.

The course is designed for those who have limited experience in knowing when and how to consult with Alaska Native governments, have arranged consultations in the past but desire additional information on working with Alaska Native governments and other Native entities to facilitate future defense-related projects, and those whose mission responsibilities may require future consultations and coordination with Alaska Native governments and other Native entities. The U.S. Coast Guard, part of the Department of Homeland Security, is invited although the DoD portions of the course will not apply.

"I wish more tribal officials could attend, but the information provided was very profound," said Arnecia Bradley, civil engineer in the Site Development Branch at the U.S. Army Engineering and Support Center, Huntsville and among the 47 people registered for the course. "It was very valuable and engaging."

Participants also gain practical tips, such as the importance of relationship building, being flexible and researching the village before visiting. It's important to pack and bring a carry-on in the event of lost baggage and to never turn down a gift. The "bigwigs" also better be prepared to dance at community events.

"The positive consultation experience really is protecting natural and cultural resources, environment and health and safety of the population," Sanborn said.

# **Ethics Corner**

## **Ethical breaches on rise with federal workers**

**By Chuck Williams**  
**Office of Counsel**

**A** recent National Government Ethics Survey found that misconduct involving ethical breaches by government employees was increasing. This misconduct was found at all levels of employment. In addition, the president of the Ethics Resource Center of Washington, D.C., recently said that "While government misconduct is high, it's likely to get worse". Given this trend and the fact that many Huntsville Center employees are currently involved in various facets of the contract procurement process, it is deemed prudent to again review two common situations that can result in a violation of the Standards of Ethical Conduct for Employees of the Executive Branch, 5 C.F.R. Part 2635.

### **Financial conflicts of interest**

An employee is prohibited from participating in an official capacity in a matter in which he or she has a financial interest if the particular matter could have a direct and predictable effect on that interest. This prohibition also applies if the employee's spouse, minor children or business partners have financial interests which could be affected by the employee's participation. The employee's participation must be "substantial" which means that his or her involvement is of significance to the matter although it need not be determinative of the outcome. If an employee is assigned to participate in a matter which he or she

believes could pose a potential financial conflict of interest, the employee should notify the person who made the assignment and seek advice from Huntsville Center's ethics counselor in the Office of Counsel to determine whether a waiver may be granted or if the employee should be disqualified from participation in the matter.

### **Personal conflicts of interest**

Generally, an employee should not participate in any matter in which his or her impartiality could be questioned. Aside from the above noted financial considerations, examples that can create the appearance of impartiality involve an employee dealing in matters involving:

- a present or prospective employer of a spouse, child or parent;
- a relative with whom the employee has a close relationship;
- someone with whom an employee has or is seeking employment, or a business or contractual relationship;
- an organization which the employee now serves or has served, as an employee or in another capacity, within the past year.

If an employee is concerned his participation in matters other than those described above would raise a question regarding his impartiality, he should discuss his concerns with his supervisor and the ethics counselor.

Remember, a violation of the above described ethical standards can subject an employee to serious disciplinary or legal action. It's much easier to avoid getting into ethical problems than to get out of them.

Huntsville Center's ethics counselor is available to discuss your ethical concerns.

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ADDRESS CORRECTION REQUESTED